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Olympic Wushu Curriculum Overview

Wushu, as included in the 2026 Dakar Youth Olympic Games, is structured around both *taolu* (forms) and *sanda* (sparring), but the Olympic program focuses specifically on *taolu* events. The events are:

- Men's and Women's Changquan Combined (Changquan & Gunshu)
- Men's and Women's Taijiquan Combined (Taijiquan & Taijishan)[1]

The curriculum, syllabus, and training for Olympic wushu are guided by the International Wushu Federation (IWUF) rules and competition standards.

Syllabus and Forms

Core Taolu Events:

- *Changquan* (Long Fist)
- *Gunshu* (Staff)
- *Taijiquan* (Tai Chi Fist)
- *Taijishan* (Tai Chi Fan)[1]

Routine Content Requirements:
Each form or routine (*taolu*) must include specific technical elements, such as:

- Required stances (e.g., bow stance, horse stance, empty stance)
- Hand techniques (fist, palm, claw)
- Leg techniques (kicks, sweeps)
- Balance and flexibility movements
- Weapon-specific techniques for staff and fan routines[2]

For example, Changquan routines must include a variety of stances, kicks, jumps, and balance techniques, while Taijiquan emphasizes fluid, balanced movements and specific fan or hand techniques[2].

Judging Criteria:

- Quality of movements (5 points)
- Degree of difficulty (*nandu*, 2 points)
- Overall performance (3 points)[3]

Exercises and Drills

General Training Structure:
A typical wushu training session includes[4] [5]:

- Warm-up (5–10 minutes)
- Stretching (dynamic and static, 5–10 minutes)
- Basic kicks and sweeps
- Jumps (flying front kick, whirlwind kick, lotus kick, butterfly kick, etc.)
- Hand form and weapon form practice
- Conditioning (strength, endurance, plyometrics)
- Cool down and flexibility work

Sample Drills:

- Stance holding (e.g., horse stance for 2+ minutes)
- Kick repetitions (front, side, roundhouse, tornado)
- Jump technique drills (height, speed, and landing control)
- Weapon handling patterns (staff swings, thrusts, and spins)
- Form sections practiced repeatedly for precision and flow

Flexibility & Conditioning:

- Daily stretching routines (splits, waist, shoulders)
- Running (short daily runs, longer runs monthly)
- Strength exercises (squats, lunges, push-ups, core work)[4] [5]

Example Beginner Routine

- **3–5 hours per week**
- Focus on basic technique, endurance, and flexibility
- Warm-up, stretch, practice basic kicks and jumps
- 20 minutes per session on forms
- Incorporate basic gymnastics for body control
- Run before each session and once monthly for distance[4]

Additional Notes

- The IWUF provides official instructional videos, especially for new Olympic events like Taijishan, to help athletes and coaches align with competition standards[1].
- The curriculum is designed to balance athletic performance, technical skill, and artistic expression.

Summary Table: Key Elements

Component	Details
Events	Changquan, Gunshu, Taijiquan, Taijishan
Forms	Must include specific stances, kicks, jumps, and weapon techniques
Exercises	Warm-up, stretching, basic kicks, jumps, form practice, conditioning
Drills	Stance holding, kick/jump drills, weapon patterns, flexibility training
Judging	Quality (5 pts), Difficulty (2 pts), Performance (3 pts)

For the most current and detailed requirements, refer to the IWUF's official competition rules and instructional materials[1] [2].

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1. https://www.iwuf.org/en/competitions/2026wtvc/index.html
2. https://iwuf.org/wp-content/uploads/2019/03/Wushu-Taolu-Competition-Rules-Judging-Methods-Excerpt.pdf
3. https://en.wikipedia.org/wiki/Wushu_(sport)
4. https://www.scribd.com/document/418962498/Wushu-Training-Routines-docx
5. https://wushuadventures.com/my-framework-for-wushu-self-training/